



Cream Cheese Braids

READY IN



45 min.

SERVINGS



4

CALORIES



946 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 0.5 cup butter cut into pieces
- ☐ 2 large eggs beaten
- ☐ 4 cups flour all-purpose
- ☐ 4 servings powdered sugar glaze
- ☐ 1 teaspoon salt
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 0.5 cup sugar
- ☐ 0.5 cup warm water (105° to 115°)

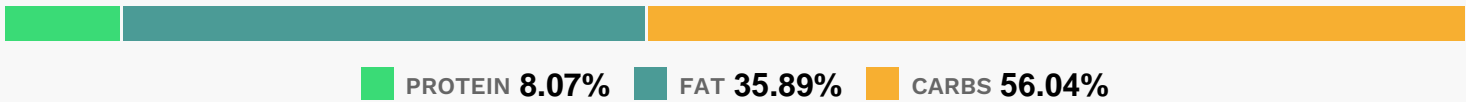
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Heat first 4 ingredients in a saucepan, stirring occasionally, until butter melts. Cool to 105 to 110 degrees.
- ☐ Combine yeast and warm water in a large mixing bowl; let stand 5 minutes. Stir in sour cream mixture and eggs; gradually stir in flour (dough will be soft). Cover and chill at least 8 hours.
- ☐ Divide dough into fourths. Turn out each portion onto a heavily floured surface, and knead 4 or 5 times.
- ☐ Roll each portion into a 12- x 8-inch rectangle, and spread each rectangle with one-fourth of Cream Cheese Filling, leaving a 1-inch border around edges. Carefully roll up, starting at a long side; press seam, and fold ends under to seal.
- ☐ Place, seam side down, on lightly greased baking sheets.
- ☐ Cut 6 equally spaced Xs across top of each loaf; cover and let rise in a warm place (85), free from drafts, about 1 hour or until doubled in bulk.
- ☐ Bake at 375 for 15 to 20 minutes or until browned.
- ☐ Drizzle warm loaves with Powdered Sugar Glaze.

Nutrition Facts



Properties

Glycemic Index:36.27, Glycemic Load:86.46, Inflammation Score:-9, Nutrition Score:26.16086927445%

Nutrients (% of daily need)

Calories: 945.92kcal (47.3%), Fat: 37.79g (58.14%), Saturated Fat: 11.48g (71.73%), Carbohydrates: 132.79g (44.26%), Net Carbohydrates: 128.46g (46.71%), Sugar: 35.14g (39.04%), Cholesterol: 126.45mg (42.15%), Sodium: 908.22mg (39.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.13g (38.27%), Vitamin B1: 1.4mg (93.02%), Folate:

327.11µg (81.78%), Selenium: 52.63µg (75.18%), Vitamin B2: 0.99mg (57.97%), Vitamin B3: 8.88mg (44.41%), Manganese: 0.88mg (43.98%), Iron: 6.38mg (35.42%), Vitamin A: 1503.21IU (30.06%), Phosphorus: 256.69mg (25.67%), Fiber: 4.33g (17.31%), Vitamin B5: 1.62mg (16.23%), Copper: 0.23mg (11.56%), Zinc: 1.67mg (11.16%), Calcium: 101.17mg (10.12%), Magnesium: 39.25mg (9.81%), Vitamin E: 1.43mg (9.55%), Vitamin B6: 0.18mg (8.82%), Potassium: 285.66mg (8.16%), Vitamin B12: 0.37µg (6.21%), Vitamin D: 0.5µg (3.33%), Vitamin K: 1.31µg (1.25%)